



Homemade Muesli

Estimated Prep Time: 5 min
(This beats the oats out of the boxed variety!)

Ingredients:

4 cups Whole Oats
1 cup Crisped Rice Cereal
1/2 cup coarsely chopped Pecans
1/2 cup coarsely chopped raw Almonds (skin on)
1/2 cup raw Sunflower Seeds
1/2 cup dried Cherries
1/2 cup Golden Raisins

Cooking Materials:

Large mixing bowl; large storage container with close-fitting cover

Directions:

1. Mix all ingredients in a large bowl. Store tightly covered.
2. Scoop a serving into a bowl and add skim milk (and sugar substitute, if you like).